

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 27, 2007

EasyRiders roll by HQBN, 1-0



Pfc. Brian A. Marion

Players from both teams scramble for the ball as Headquarters Battalion faced off against the Helicopter Anti-Submarine Squadron Light 37 Easy Riders at Pop Warner Field Monday. The Easy Riders beat HQBN 1-0.

Pfc. Brian A. Marion
Combat Correspondent

With five minutes left in the game, Helicopter Anti-Submarine Squadron Light 27 EasyRiders were able to pull ahead of Headquarters Battalion, 1-0, in the first game of the Intramural Soccer League Playoffs Monday at Pop Warner Field.

The offensive and defensive abilities of both teams seemed evenly matched until a lucky shot by an EasyRiders midfielder toward the bottom left corner of the goal gave the EasyRiders a one-run lead that HQBN couldn't come back from.

EasyRiders coach and midfielder Jose Vargas felt confident in his team and their odds of winning.

"We have a very solid team," Vargas said, before the game. "Even though we are missing three key players, we make up for it by being younger and quicker. We have to win by controlling the middle and forward to win."

Headquarters midfielder Kevin Carlisle felt the same about his team.

"We have some good, solid players and we have showed improvement in our offensive dynamics," Carlisle said. "We need to have controlled possession of the ball, and

move the ball purposefully downfield. We can't just kick the ball down without setting up."

Being down by a few players in the first half didn't stop HQBN from defensively halting the offensive onslaught brought on by the EasyRiders. Both teams worked furiously to score before halftime but both fell short as the referees called an end to the first half with the score tied 0-0.

Both teams entered the second half determined to score first, but the game dragged onward with the ball going everywhere but inside the net.

With five minutes left in the game, and most of the spectators thinking the game would have to be decided in penalty kicks in overtime, a midfielder from HSL-37 made a lucky kick into the bottom left corner of the net, which brought the score to 1-0 with five minutes left in the game. Headquarters tried to rally back

within those five minutes to tie the game but were unable to break the EasyRiders defense.

The EasyRiders will advance into the semifinals against the Combat Service Support Group 3 Outlaws Wednesday at 6 p.m.



Pfc. Brian A. Marion

Christopher Young, Headquarters Battalion defender, closes with an opposing player to try to stop him from reaching the goal in Monday's game against the Helicopter anti-Submarine Squadron Light 37 at Pop Warner Field.

Unknowns defeat HLS-37, 46-45

Pfc. Ronald W. Stauffer
U.S. Marines Force Pacific

Guard Alex Orozco sank a tie-breaking free throw after being fouled to help the U.S. Marine Corps Forces, Pacific "Unknowns" to a 46-45 win, sinking Helicopter Antisubmarine Squadron Light-37 in an intramural basketball game held at the Semper Fit Center here July 17.

Both teams fought tooth and nail the entire first half. They were relentless and refused to slow down.

Down by two points with an 11-13 score and showing 4:10 left in the first half, Unknown's coach

and forward, Ethan Hoaldrige, called for a quick time out to give his team a motivating pep talk in hopes of turning the scores.

Nevertheless, HSL-37 point guard and top scorer for his team Christopher Johnson answered back with matching points, ending the first half with HSL-37 on top, 19-17.

"Our inside game was strong, so we tried to utilize that as often as possible," Johnson said.

Coming into the second half, Unknowns center Ryan D. Ashley broke down HSL-37's defense, putting tremendous pressure on their hopes to win and scoring the most points for his team.

"We were dragging in the first half and we needed to be more aggressive if we wanted to win," Ashley said.

Despite the hard charging efforts of the Unknowns, Johnson was still bound and determined to bring the Unknowns down, mirroring any points they brought to the board. Brian Washington also scored some critical shots during the second half.

Feeling the heat toward the end of the game, both teams raced against the clock in a display of aggressive talent, trying to overthrow one another, but neither team could pull their score away until the final shots.

With 17 seconds remaining, the

score was tied 45-45. In an attempt to make the game winning shot, Orozco charged the lane where he missed the shot and was fouled.

With cool and calm nerves, Orozco stepped to the free throw line and sank one of two freethrow attempts, boosting the Unknowns to a 46-45 lead, with six seconds left.

In a last effort to win the game, HSL-37 rushed down court to try and regain the lead, and missed their final shot. The clock expired with the Unknowns on top, 46-45.

After the game, a surprised Hoaldrige said, "I knew we were going to win, but I didn't know the score would be that close."



Pfc. Ronald W. Stauffer

Sergeant Ryan D. Ashley, Marine Corps Forces Pacific "Unknowns" center, slashes through the HSL-37 defense putting the ball in for two at an intramural basketball game here, July 17.

MARFORPAC Marines squeak by K-Bay Marines in first annual field meet



Cpl. R. Drew Hendricks

Sergeant Julio Sandoval and other Marines of the U.S. Marine Corps Forces, Pacific team motivate Sgt. Clifton Shackelford as he and the rest of the tug-of-war squad one-two-pull the Marines of Headquarters Battalion across the line to win the event.

Cpl. R. Drew Hendricks
Combat Correspondent

MARINE CORPS BASE CAMP H. M. SMITH, Hawaii - From the day Marines step on the yellow footprints of the recruit depots, they are bred to compete. Even against each other, Marines will fight tooth and nail to come out victors.

Marines from Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific and Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay showed their competitive edge by battling each other in the annual Headquarters Field Meet at Camp Smith's Bordelon Field July 13, to determine who had the brawn and the brains to be crowned champion.

"It was great to compete and interact with Marines from other camps," said Lance Cpl. Andrew Slater, base ordnance disposal technician, Headquarters Battalion. "It's also always nice to get out of the office and get your body moving a little bit. I'm looking forward to next year's competition already."

There were seven events that tested the Marines' strength, speed

and dexterity. The points were awarded based on the average score of each team's performance.

The first event, the stretcher carry, consisted of six teams of five Marines. One Marine laid on a field stretcher while four others had to carry him as fast as possible down and back in a relay-style race. Each team had six groups competing. Sixty points were awarded to the first place finisher, 40 to the second, 30 to the third, 20 to fourth and 10 to fifth.

In this event, the participants demonstrated the natural competitive spirit that is associated with Marines. Determination, drive and of course fun seemed to push the Marines to run as fast as they could. Even when HQ Battalion broke ahead, the MarForPac Marines did not slow down.

The race was close, but Headquarters Battalion took the win and the 110 points.

Speed was also essential for the next event. This time a 10-man team had to run relay laps around Bordelon Field, finishing when their last runner disassembled and reassembled an M16-A2 assault rifle. The race was scored the same as the stretcher carry.

Cpl. R. Drew Hendricks

Sergeant Chris Hubbard acts as the lead puller in the humvee pull competition for the quickest time of 15.12 seconds.



Sergeant Robert Campbell, safety noncommissioned officer, made it to the finish line first, but a Marine from MCBH, who was right on his heels was able to put the rifle together faster to win the event.

With two events already under their belts, the Marines from Headquarters Battalion went the humvee pull with a high level of confidence.

Even though one team pulled the humvee 20 yards in a time of 15.12 seconds, the average combined time of the Marines from Headquarters Battalion beat MarForPac once again.

Headquarters Battalion had clearly shown dominance in the first three events, but

See FIELD MEET, C-2

ONGOING SPORTS BRIEFS

Youth Soccer

Marine Corps Community Services Youth Activities' Youth Soccer will begin in August.
For more information, call 254-7611.

Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older.
For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.
Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu.
Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.
Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required.
Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.
Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.
Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.
Call 265-4283 for appointments.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and 50 cents to rent shoes.
For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!
For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.
You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.
They will do all this and tailor a program, based on your physical needs and ambitions.
For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.
Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.
The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido

FIELD MEET, from C-1

the scores were still close at 300 points for Headquarters Battalion and 240 points for MarForPac.
“We just have to keep pushing,” said Sgt. Ryan Fator, a competitor for MarForPac. “We can’t give up after a few stumbles.”
However, Headquarters Battalion’s superiority was challenged in the next event.
The push-up, pull-up competition proved MarForPac had the edge and the brawn to literally push and pull off a win.
Twenty Marines from each team were split into 10-man groups. Ten went to the pull-up bar, while the other 10 prepared to push. In the first round, those on the bar had one minute to do as many pull-ups as possible. Those pushing had five minutes to do as many push-ups as possible.
With Marines like Fator, who did 28 pull-ups in the first round and 22 pull-ups in 30 seconds in the second round, MarForPac stacked in for a grand total of 389 pull-ups. After two rounds of push-ups, MarForPac had a total of 897 push-ups and Headquarters Battalion came in with 829.
This competition was the key to victory because each repetition was worth one point. MarForPac’s total push-ups and pull-ups came out to 1,286 repetitions, which launched them into the lead.
After four events, their total score was 1,526 while

Headquarters Battalion trailed by a small margin at 1,442 points.
The intense competition and high spirits of each team filled the atmosphere on the field with a sense of fun and camaraderie.
“I’m happy to see a bunch of desk jockeys out here showing their stuff,” Fator said laughing. “It’s also great to get out of the office and have a good time with your fellow Marines.”
The next event seemed to be just as fun to watch, as it was to compete.
Sumo wrestling, or at least a comical version of the sport, put two Marines on a small mat in oversized suits to see who could knock down or push out his opponent.
The high-spirited and highly-competitive bouts had the Marines cheering, laughing and trash talking. At the end of five bouts, Headquarters Battalion came out on top three bouts to two.
As in so many competitions, the deciding factor was the last play. The team who could pull the most weight would tug in the win and the trophy.
MarForPac had the advantage in the tug-of-war bout and was able to drag the Headquarters Battalion Marines to their defeat.
At the end of the day, the margin was close but the winner was clear. With the score set at 1,656 to 1,632, MarForPac was awarded the trophy and



Cpl. R. Drew Hendricks

Private First Class Robert Harling grimaces as he and the rest of the U.S. Marine Corps Forces, Pacific, squad push-ups team tries to burn out the last few reps.

bragging rights.
“It’s all about fun and competition,” said Pfc. Dereck Shockley, Headquarters Battalion G-6 and the recipient of the Gung Ho Award, which is given to the Marine who demonstrated the most motivation during the field meet. “It’s especially fun to compete against other Marines. Back in high school, the other team was the enemy but here the other team is still a part of your family.”



Cpl. R. Drew Hendricks

Seargent Clifton Shackelford, from U.S. Marine Corps Forces, Pacific prepares for impact as his opponent, Cpl. Jorge Alvarez, lunges at him during the sumo-wrestling.

Mets host Military Appreciation Day

Cpl. Karim Delgado
New York City Public Affairs

NEW YORK — Marines joined other service members in celebration of Military Appreciation Day at Shea Stadium on July 19 when the Mets hosted the Cincinnati Reds.
The first pitch of the game was thrown by former Marine Sgt. Jeffrey Combs, a New York state native who was forced to have his left arm amputated after sustaining combat injuries in Iraq, August 2006.
“I haven’t been practicing, but I know I can’t do any worse than Cincinnati’s mayor,” Combs laughed before the game, referring to Mayor of Cincinnati Mark Mallory, who threw a first pitch for his home team that was somehow tossed sideways and past the foul line.
A joint-service color guard was present at center field for the pre-game ceremony. Marines and other services also participated in unfurling a large U.S. flag alongside retired service members with the American Legion. After a performance of the national anthem, a flight of four F/A-18 Hornets Jets flew over the stadium. The jets were piloted by Marines from Marine Aircraft Group 31, stationed in Beaufort, S.C.



Cpl. Karim Delgado

New York Mets players Ruben Gotay and Jose Reyes pay their respects during the National Anthem as a joint-service color guard displays the colors at Shea Stadium July 15.

A large part of the pre-game ceremony was dedicated to fan donations to Operation Gratitude. The donations, including phone cards, DVDs, CDs, stuffed animals, disposable cameras, batteries, baseball caps and lip balm, will find their way into care packages for troops serving in Iraq and Afghanistan.

Operation Gratitude is a part of America Supports You, a Defense Department program connecting citizens and corporations with military personnel and their families serving at home and abroad, according to their Web site.
The Mets finished the game with a 5-2 victory over the Reds.



Cpl. Karim Delgado

Former Marine Sgt. Jeffrey Combs throws the first pitch of the Mets-Reds game July 19 at Shea Stadium during Military Appreciation Day. Combs lost his left arm in Iraq in August 2006 after he came in contact with an improvised explosive device.

In the July 20 edition of the Hawaii Marine, the story “Underdog Triumphs in championship,” incorrectly reported HSL-37 won the volleyball championship here. This was inaccurate; it was MAG-24 who took the title. We apologize for any inconvenience.

*Managing Editor,
Hawaii Marine*

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Senior Fit
The Senior Fit/Semper Fit Center, located at building 3037, will be hosting an eight-week fitness program geared specifically for the older populace. The program, which costs \$30 per person, ends Sept. 7. For more information, contact Jon Shiota at 254-7597.

Summer Basketball
The intramural summer basketball league is beginning soon. Games will be held Monday, Tuesday, Wednesday and Friday at 6 p.m., 7 p.m. and 8 p.m. Fore more information, call Joe Au at 257 7591.

Youth Activities
Register now through July 31 for youth flag football, in-line hockey and cheerleading. These activities are open to children born between 1992 and 2002. Practices begin on Sept. 4 and games begin on Sept 29. Uniforms are included with registration costs. Football fee is \$60, hockey fee is \$65, and cheerleading fee is \$95. For more information, call Youth Activities at 254-7610.

Women’s Softball
The Women’s Softball team meets every Thursday at 6 p.m., at the Annex Field. The team is still looking for players to participate.

Varsity Basketball Coaches
Varsity Men’s and Women’s Basketball coaches are needed. Applications are currently being accepted.

All-Marine Golf
The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of four or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

DANCE MOVEMENT — ACADEMY AND — K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Call 479-3273 to arrange your free class.

Fees will vary according to class frequency and length.



2007 Intramural Standings

See next week's issue for 2007 Intramural Soccer Champs

Soccer

TEAM	WINS	LOSSES	TIE	PTS
CSSG-3	11	1	1	23
3RD RADIO BN	10	2	1	21
VPU-2	6	5	3	15
HQBN	5	7	1	11
HSL-37	4	6	3	11
MALS-24	2	9	2	6
VP-9	0	9	3	3

Standings as of July 17

Commander’s Cup stats

Team Standings

Place	Team Name	Points Won	Points Lost	Team Ave	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave	Pins plus HDCP	Handicap
1	AINOKEA	68	32	651	119	56521	11	Illegal Affairs:ReDux	49½	50½	668	103	58227
2	3 Putts	61½	38½	574	179	57654	12	The Untouchables	47	53	489	247	56016
3	Ghost Team	60½	39½	594	163	57726	13	The Happy Team	44	56	520	222	53670
4	4th Force Recon	59	41	572	181	57326	14	Flaming Hookers	44	56	612	148	52219
5	Golden Eagle's	58	42	626	138	57728	15	The Blue Ballers	43	57	548	200	54017
6	Team Whidbey	57½	42½	594	163	57453	16	Effin' H	42	58	589	167	56615
7	Team 17	57	43	461	269	55994	17	Team 3	41½	58½	616	146	47385
8	BANNED	54	46	649	119	57366	18	Da Pin Droppers	39	61	466	265	56445
9	Pinheads	50½	49½	550	199	56878	19	Big Ern's Kids	37	63	542	205	47131
10	VP-9	50	50	539	208	55919	20	Team Ramrod	31	69	468	264	52805

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Illegal Affairs:ReDux	754	776	724	2254	0	Pinheads	863	837	742	2442	4
3-4	VP-9	795	754	816	2365	4	The Happy Team	744	739	732	2215	0
5-6	The Untouchables	788	858	824	2470	4	Effin' H	667	761	784	2212	0
7-8	Flaming Hookers	740	802	792	2334	2	Team 3	786	798	757	2341	2
9-10	The Blue Ballers	807	728	831	2366	4	Big Ern's Kids	0	0	0	0	0
11-12	Da Pin Droppers	769	846	762	2377	3	Team Ramrod	741	781	836	2358	1
13-14	AINOKEA	758	750	820	2328	2	Ghost Team	821	840	640	2301	2
15-16	3 Putts	763	815	824	2402	3	Golden Eagle's	789	793	791	2373	1
17-18	Team 17	746	752	761	2259	0	4th Force Recon	797	956	865	2618	4
19-20	BANNED	710	784	761	2255	0	Team Whidbey	799	795	777	2371	4

^{AKA} Last Week's High Scores for Immediate Release ^{AKA}

Scratch Game		Scratch Game		Scratch Series		Scratch Series	
Men	248 Mathew Chitwood	213 Bryan Toulson	671 Mathew Chitwood				
	247 Charlie Nunley	212 Rich Nixon	645 Charlie Nunley				
	232 Terry Smith	212 Aaron Jernigan	621 Justin Yamada				
	230 Jim Martin	210 Mathew Chitwood	614 Jim Martin				
	227 Justin Yamada	209 Bryson Tabios					
	225 Charlie Nunley	202 Terry Smith					
	219 Dan Burford	201 Justin Yamada					
	213 Mathew Chitwood						
Women	190 Abby Hammond	180 Kumi Martin	538 Abby Hammond			509 Kumi Martin	
	190 Melenie Nixon		538 Melenie Nixon				

October
13-14 2007
MCBH, Kaneohe Bay

Blues on the Bay
Air Show
With the Blue Angels



Perry Lockhart
LIFELines

Liberty call should not be a call to death. Unfortunately, too many Sailors and Marines fall into death’s hands every year in pursuit of liberty and leave. More Sailors and Marines die or are injured each year in off-duty vehicle accidents than by any other means, according to Department of Navy statistics. At every safety stand down, every pre-holiday command brief and every liberty call, commanders stress the dangers of the road. They talk about dangers as obvious as drinking and driving, driving in bad weather and speeding.

They encourage safe driving habits and making sure the driver gets enough rest before venturing out. The nature of military service is to work through exhaustion and to accomplish the mission — whatever it takes. Sailors and Marines become used to working long, arduous hours with little sleep. But when they attempt to translate that into a rush to liberty in some far-off place, they end up risking their lives and the lives of others. Asleep at the wheel one in five Americans has dozed off while driving, according to the American Automobile Association. Eighty percent of Americans falsely believe they can predict when they’re about to fall asleep. Researchers report that tired drivers can fall asleep without warning, often sinking into short five-second sleep bursts called micro-sleeps. In five seconds, at 55 mph, a car will travel more than the length of a football field.

Driving tired is as deadly as driving after drinking. According to the AAA, drivers who stay awake for 17 hours show the same kind of symptoms as a person with a blood-alcohol level of .05. After 24 hours of sustained wakefulness, performance is equal to a blood-alcohol level of .10, which is considered legally drunk in all 50 states. How to stay alert when liberty call sounds, the temptation to get behind the wheel is great. If you’re tired, though, it’s much better and safer to get some rest before heading out. But if you have to drive while tired, here are some tips to keep you alert. Avoid taking medication, such as cold remedies, that make you drowsy. Sip a drink containing caffeine, such as coffee or cola. The caffeine will only act for a short time, though, and you may become drowsy very quickly when it wears off. If you’re seriously sleep-deprived, you may still suffer from micro-sleep, with deadly results.

Pull off to the side of the road and stop when you feel tired. Go to a rest area, well-lit exit or gas station. Take a short catnap if necessary. Do some stretching exercises to stimulate blood flow to your brain and relax your muscles. Continually scan your surroundings. Check your mirrors often. Staring at one spot can hypnotize you into sleep. Keep the temperature in the car cool. Warm air can cause you to fall asleep easier. Open a window for fresh air. Strike up a conversation with a passenger. Music or conversation can help you stay alert. Become aware of your biological clock. Typically, there are two times of day you are most likely to feel sleepy. One is the “afternoon lull,” from 2 p.m. to 5 p.m. The other is the early morning, from 2 a.m. to 6 a.m. While these tips may help you in the short term, the best advice about driving tired is — don’t.

— NEWS BRIEFS —

Operation Homefront goes Back to School

Operation Homefront of Hawaii wants to lend a hand to military families and get their children ready to go back to school. We recognize the sacrifices military families make and with the help of the community we hope to bring a moment of joy to our military families. We’re now collecting new school supplies at all five Lex Brodie locations. We need supplies for children of all ages. All items collected for back-to-school will be used to stuff backpacks that will be distributed to military families who need a little help with their back-to-school needs. Operation Homefront chapters will distribute more than 10,000 stuffed bags this school year. Items needed include: spiral notebooks, pens, pencils, markers, crayons, notebook paper, rulers, colored pencils, calculators and erasers. To receive school supplies or for more information, contact Operation Homefront of Hawaii at 866-569-9185.

MARSOC

The Marine Corps Forces Special Operations Command Recruiting team will visit here Sept. 3. The brief will be held at the Civic Center in classroom 5 from Sept. 3 to 6 at 10 a.m. and 2 p.m. Screenings will be on the 6th and 7th at 4:30 a.m. at the base pool. Marines from all military occupational specialties are sought after. For more information, contact Sgt. Knospler at 760-763-5102.





LIFELines Research Staff

For anyone who has thought, ‘it can’t happen to me,’ that you know when to stop, a few minutes spent reflecting on the following personal account of former Marine Corps First Lieutenant Mike Carberry will make you think again.

“ So I think right then I knew I would never fly again. ”

Reprinted with permission from the Office of the Assistant Secretary of the Navy (Installations and Environment) (Safety and Survivability).

My name’s Mike Carberry, First Lieutenant, United States Marine Corps. But, by the time you read this, I’ll be out of the Marines.

I used to be sitting right where you’re sitting now — in my flight suit. The last time I wore this flight suit was February 25, 1989 —the night of my accident.

When you go out with your friends this Friday or Saturday night and you’re drinking, hopefully you’ll remember my story, and you’ll remember me. A mistake I made, my friends made, a mistake I’m sure many of you have made — drinking and driving. Many of you can relate to what I’ve done. Please understand what I’m trying to tell you. Hopefully, you can learn from our tragedy.

I was commissioned a second lieutenant in the Marines in ‘86 and went down to the Basic School at Quantico, Va. I was there for six

months, and then I went to flight school at Pensacola in 1987. Got jets and was assigned to Beeville, Texas. I spent all of ‘88 in Beeville and the beginning of ‘89. I was flying the T-2 and the TA-4. I was just going to an F-18 squadron when I got into my car accident.

The thing I miss about the Marine Corps and flight school is the camaraderie. I had some great friends throughout my career—they’re still great friends, and they’re doing something I only wish I was doing. Many of them are in the Persian Gulf, off Liberia, and I can’t do any of that. I wish it were different — wish I could change it, but I can’t. My life was very much like yours, but I don’t have that anymore. I lost the ability to fly, I lost my good health, my Marine Corps career, my fiancée, a good golf game. I don’t have any of that stuff anymore. I’d give anything to get it back. And I wish I hadn’t thrown it away on one foolish night of drinking and driving.

I don’t remember that Friday. I know what friends have told me. I wasn’t scheduled to fly. Some other people, Ron and Jeff, weren’t scheduled to fly either so we started the weekend off early — about noon — just drinking beer. And that lasted a few hours and then we decided to go up to San Antonio, about an hour and a half drive. We each went home, showered, got ready to go, and we made the drive up in my car, a Volkswagen Sciroco. Made the drive up, no problem and went to a bar we used to go to a lot.

One of us should have been the designated driver, but that night there wasn’t a designated

driver. It was the one who was less drunk, that person would drive. Well, Ron was less drunk, and he drove. Jeff sat in the front passenger seat, and I sat in the back. We made it all the way back to Beeville, about an hour and half drive like I said, but we didn’t quite make it all the way home. Going 50 mph, we crossed over the median strip and hit a bridge abutment obviously coming to a complete stop.

Fortunately, a police officer witnessed the accident and immediately called rescue units. It took them 40 to 45 minutes to cut us out of the car.

Ron, who was driving, was critically injured. He had severe spinal damage, but if he hadn’t been wearing his seat belt, he probably would have been killed. I had, sitting in the back seat, a head injury that caused paralysis to the right side of my body and internal injuries. I lost my right kidney, my spleen, had pancreas and liver damage. I remember waking up and couldn’t move the right side of my body. I had an injury to the left side of my brain, brain damage that caused the paralysis. And my comprehension and memory were terrible. I couldn’t eat. I had intravenous feedings and in the afternoon couldn’t remember what happened to me that morning. So, I think right then I knew I would never fly again.

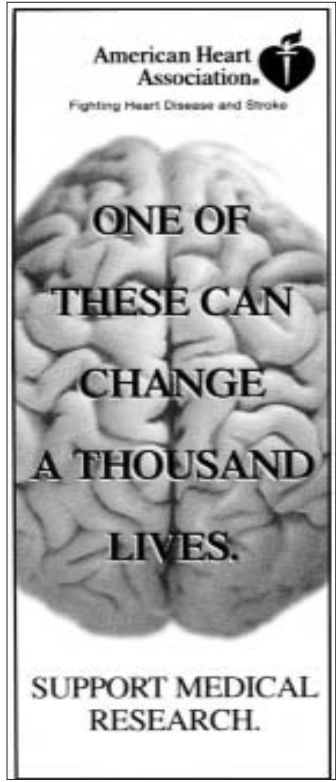
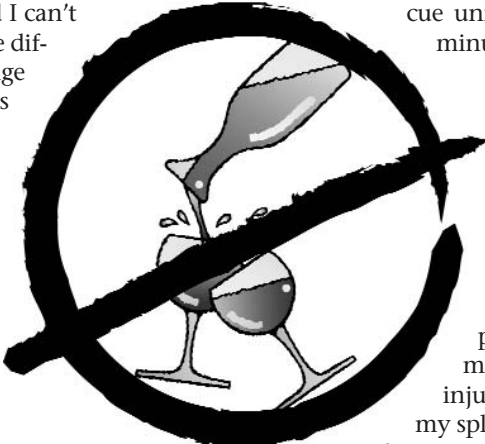
As is the case in any mishap, the Navy conducted a line-of-duty investigation into our accident. Jeff and I were found to be in the line-of-duty, that the accident was not due to our negligence because we were passengers. Ron, on

the other hand, because of his blood alcohol content, was found to not be in the line-of-duty. Now I’m sure you know what that means, we’re talking about a guy in a wheelchair who is going to get no disability benefits, no medical care, and he’s going to get a general discharge. You can look at it both ways — the Navy invested \$1,000,000 in Ron, a million in myself, and our medical bills were \$800,000. So, it cost the Navy almost \$3,000,000. But Ron, you look at it from Ron’s point of view, he’s paying for this accident for the rest of his life.

I think a lot of us out there, if we get into a problem, think the Navy, the Marines, whoever, is going to take care of us, will stand by us. But when you make such a foolish mistake, like we did, the Navy has no other choice. Today, Ron’s home in South Carolina doing nothing, he has nothing left. He was going to be a fighter pilot, now he’s nothing. He sits at home and watches television.

I realized my Marine Corps career was over, and I couldn’t fly anymore. I mean my right side — I couldn’t do a pull up, sit up, still can’t. And there’s no way I could pass a physical. It’s like when you wake up, and you know subconsciously that things are not going to be possible anymore.

That’s my story. I wish I were sitting with you right now. I wish I was flying, but here I am telling you my story. What did I learn from all this? Obviously, I learned not to drink and drive, but something a little broader, I think. You know life is precious and it can change in an instant. Mine did. Don’t throw it away on some foolish mistake like the one we made. When you’re out this Friday or Saturday, and you’re drinking, and you get into your car, I hope you will think about me and think about this story, and please, don’t drink and drive. Don’t do it!



AROUND THE CORPS

Pedaling to raise awareness

Lance Cpl. Jerry Murphy
The Scout

MARINE CORPS BASE CAMP PENDLETON, Calif. — While the rest of the United States celebrated Memorial Day and Independence Day, one former Army officer was trekking 4,288 miles from St. Augustine, Fla., to Camp Pendleton, Calif., via bicycle.

Ed F. Acevado, a 41-year-old from St. Augustine, Fla., began his 111-day journey March 23, hoping to raise awareness and support for America’s Wounded Warriors.

“I didn’t do this for a political cause. I did it to show my support and appreciation for our service members by more than just a bumper sticker,” Acevado said.

“There’s no politics involved when Marines and soldiers are giving their lives and obtaining injuries that could affect them for the rest of their lives. It’s not about doing what is politically right. It’s about Americans. The government can only do so much,” he said.

During Acevado’s ride, he visited several different military installations to help Americans realize the sacrifice of their wounded veterans. He spoke with retirees and injured Marines and soldiers to show his thanks for what they have done.

“My mission was to make sure that those who have been injured and who have served are not forgotten,” he said. “Speaking with them and passing through those bases is how I show my gratitude.”

While stopping and visiting with service members on the various installations, several Marines and soldiers hopped on bikes and joined him for a small portion of the journey.

“Having other people ride with me gave me motivation to keep going and helped me keep focus on the goal of my mission,” Acevado said. “I rode roughly 55 miles from San Antonio to Fredricksburg, Texas, with a Marine who had lost a leg in Iraq. He attached his prosthetic leg to the bike pedal and just kept going. “Once I saw that, I told myself whenever there was a little rain, or I was feeling a little pain, to suck it up and keep going. That’s why I’m doing this, for people like him.”

The focus of Acevado’s 4,200-mile challenge was to recognize the sacrifices made by today’s military and to garner support for them from private organizations and individuals.

“I had a few soldiers ride with me for a few days and that was great,” he said. “They joined me, chatted with me, camped out and headed on their way. I respect what they did because they could just as easily not come.”

Acevado arrived at Camp Pendleton July 11 to a warm welcome from supporters. Four Wounded Warriors even rode the last two-mile stretch of his journey, from San Margarita Ranch House to the Camp Pendleton Wounded Warrior Center.

“Riding with Acevado, even for a short period of time, was fun and a great experience,”



Lance Cpl. Jerry Murphy

Ed F. Acevado, a former Army officer, rides the last few miles of his 4,288-mile ride from St. Augustine, Fla., to Camp Pendleton, Calif. Acevado hoped to raise awareness about wounded veterans from past and present during his journey.

said Houston resident Cpl. Samuel Reyes, police sergeant with 2nd Battalion, 1st Marine Regiment, 1st Marine Division and Wounded Warrior. “We all really appreciate that someone would do something like this to raise awareness for us and our families.”

Arriving at Camp Pendleton was the highlight of his trip.

“It’s an honor to be at Camp Pendleton,” Acevado said. “I have the feeling of accomplishment, like the purpose of this trip has been fulfilled.”



Blues on the Bay
Air Show
with
the
Blue Angels
October
13-14, 2007
MCBH
Kaneohe Bay



YOU
have the
POWER
to PREVENT
ABUSE

www.mccshawaii.com/advocacy.htm





KILL • A • WATT

IT'S EVERYONE'S RESPONSIBILITY
TURN OFF WHEN NOT IN USE



COMPUTERS TVS STEREO CORDLESS